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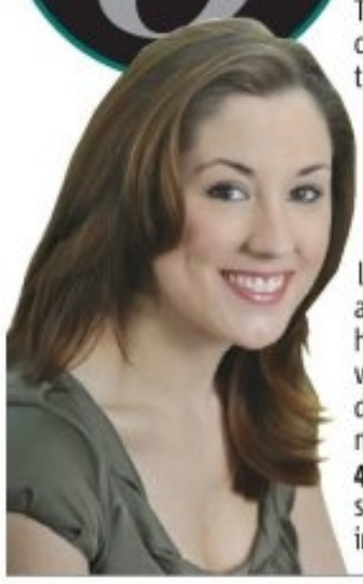
THE BOOZEY TRUTH

A lot of people enjoy having a drink or two. But according to a recent study, close to half of all people who drink are drinking too much, and it's causing serious health problems. 4 & 6

ISTOCK

5 THINGS TO KNOW



WELCOME TO METRO PHILLY

MORGAN ROUSSEAU, MANAGING EDITOR

Those of us who enjoy a few cocktails at the end of the day may think we're drinking in moderation, but let's be honest — it's easy to overdo it. We've all been there. One drink turns into four, and the next thing you know, you're loaded with regret and left questioning your social habits, and how it's impacting your health. If you're a regular drinker who's ever asked yourself, "Do I drink too much?" — the answer may surprise you. Turn to **pages 4** and **6** to find out some startling statistics that may have you passing on that next beer.

1 TWO REPORTED SHARK ATTACKS CLOSE FIRE ISLAND

Two shark attacks were reported off Fire Island National Seashore east of New York City on Wednesday, with officials analyzing a tooth removed from one teenage victim's leg to determine what bit him, authorities said. In the first attack, a 12-year-old girl was bit at about 11:15 a.m. EDT while wading in the waters of Sailors Haven in Brookhaven, said Elizabeth Rogers, spokeswoman for the National Park Service. The girl was able to walk to shore with help from her caregiver and was treated at a hospital. In the second attack, a 13-year-old boy was boogie-boarding at Atlantique Beach in neighboring Islip when he was struck, said Islip spokeswoman Caroline Smith. "He had a series of puncture wounds on his leg," Smith said. A town lifeguard who attends medical school tended to the injured boy, a camper at an Islip town day camp, after the midday attack. "A tooth in the boy's leg was removed and is being analyzed to determine the species," Smith said. The boy walked onto and off a police boat en route to Southside Hospital, where he was treated for non-life-threatening injuries.

2 JUDGE ORDERS ACCUSED RUSSIAN AGENT JAILED

A judge on Wednesday ordered an accused Russian agent jailed until her trial after U.S. prosecutors argued she has ties to Russian intelligence and could flee the United States. Prosecutors have not charged the agent they identified as Maria Butina with espionage, but said she had been in contact with Russian intelligence operatives and kept contact information for several Russian agents. During a preliminary hearing in the U.S. District Court for the District of Columbia, the lead prosecutor in the case showed a photo of Butina in a Washington restaurant meeting with someone whom they believe is a Russian intelligence agent. The 29-year-old former American University graduate student wore an orange prison jumpsuit in court and showed no emotion as her lawyer entered a not-guilty plea. Butina's next court appearance was scheduled for July 24. The government also displayed a copy of a handwritten note uncovered by the FBI at Butina's apartment asking how to respond to an employment offer from a Russian intelligence agency, as well as a photo of her standing in front of the U.S. Capitol on the day Donald Trump was sworn in as president.

3 JEFF FLAKE, PIG SELFIE

Sen. Jeff Flake, R-Ariz., takes a selfie with a pig at the 2018 Congressional Pig Book launch event hosted by Citizens Against Government Waste on Wednesday.

GETTY IMAGES

4 CA HIGH COURT ORDERS PROPOSAL TO SPLIT STATE

The California Supreme Court on Wednesday ordered the November ballot purged of an initiative that seeks to split California into three states, citing significant questions raised about the proposal's validity. State election officials certified last month that supporters of the so-called Cal3 measure, also known as Proposition 9, had collected enough signatures to qualify it for the ballot in the country's most populous state. An environmental group, the Planning and Conservation League, challenged the measure in court, arguing it posed a "revision" of the state constitution — as opposed to an amendment — that is too sweeping to be legally subjected to the direct consent of the voters. Siding with opponents for the time being, the court directed state election officials to keep the measure off the upcoming November ballot to allow the justices sufficient time to review and decide the merits of the case. The court left open the possibility of allowing the initiative to be put before voters in the future, saying the "potential harm in permitting the measure to remain on the ballot outweighs" the harm of its delay.

5 CUOMO: POSSIBLE CASE AGAINST FOUNDATION

Gov. Andrew Cuomo on Wednesday opened the door to a possible criminal case against the Donald J. Trump Foundation, but the state attorney general's office said it had not determined that a criminal referral was warranted. "At Gov. Cuomo's direction, the state stands ready to provide the (New York) Attorney General with the appropriate criminal referral on this matter if and when she asks for it," Alphonso David, the governor's counsel, said in a statement. The state's attorney general, Barbara Underwood, filed a civil lawsuit against President Donald Trump, three of his children and his foundation in June, saying Trump had illegally used the nonprofit as a personal "checkbook" for his own benefit, including his 2016 presidential campaign. Underwood would need a criminal referral to file a criminal suit. "We continue to evaluate the evidence to determine what additional actions may be warranted, and will seek a criminal referral from the appropriate state agency as necessary," Amy Spitalnick, a spokeswoman for Underwood, said in a statement.

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How many adults drink too much? Of all the U.S. adults who drink alcohol, nearly half, according to new report. ISTOCK

Nearly half of all US adults who drink alcohol drink too much

A new study out of Boston University found that many people imbibe in amounts that can cause severe health effects.

KRISTIN TOUSSAINT
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Binge drinking is practically part of American culture — it's depicted in movies and nearly an assumed part of everyone's college life. But aside from those nights of partying, how many people drink too much in general?

A lot of people, it turns out. A new study out of Boston University found that out of all adults in the United States who drink alcohol, 40 percent drink too much, meaning in amounts that risk health consequences.

In the study, published this week in the Journal of Substance Use, Boston University School of Public Health researchers used data collected from interviews of more than 34,000 adults.

These people, deemed a "nationally representative sample," completed the National Epidemiologic Survey on Alcohol and Related Conditions in 2001–2002 and again in 2004–2005.

That survey assessed these participants' drinking in the past month, but what did researchers deem as "drinking too much? For men, "at-risk use" was defined as "more than 14 drinks per week on average, or more than four on an occasion," while for women it was more than seven per week, or more than three on an occasion. (This is a bit different from binge drinking, which the CDC says typically happens when men consume five or more drinks or women consume four or more drinks in about two hours.)

Not only did 40 percent of respondents report that they drink too much, meaning at-risk amounts, but 73 percent of those drinking risky amounts were still doing so two to four years later. Plus, 15 percent of those who had not been drinking risky amounts began to do so by the time of the next survey.

The biggest predictor, researchers found, that someone would start to drink too much was their age: younger participants, especially those who were under the legal drinking age at the time of the first survey, were drinking at-risk amounts of alcohol by the second survey.

There's a slew of other factors that predict that someone will drink too much as well, like "being male, not married, becoming divorced or separated, being in the military, being in good or excellent health, smoking, drug use and having an alcohol use disorder."

40%

A new study out of Boston University found that out of all adults in the United States who drink alcohol, 40 percent drink too much, meaning in amounts that risk health consequences.

Predictors of continuing to drink too much are being younger, male, having an alcohol use disorder and using tobacco or other drugs. Predictors of transitioning to lower-risk alcohol use were being Black and/or Hispanic, receiving alcohol use disorder treatment and having children between the two rounds of the survey, according to researchers.

"These findings suggest that not only do many people who drink, drink amounts associated with health consequences, but that without intervention they are likely to continue to do so," said lead author Richard Saitz, professor of community health sciences at BUSPH, in a statement. "Screening or self-assessments, and counseling, feedback, or public health messaging have roles in interrupting these patterns. The predictors we identified may help target those efforts."

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LIVE NATION

Drinking and dating pretty much go hand-in-hand for many singles, but just how connected are the two? The answer is very, according to a new Zoosk dating survey. PIXABAY

Singles are more likely to drink alcohol, new Zoosk dating survey finds

Matchmaking site went bottoms up in data from thousands of members to find out just how connected dating is to drinking.

NIKKI M. MASCALI
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Drinking and dating pretty much go hand-in-hand for many singles, but just how connected are the two? The answer is very, according to a new Zoosk dating survey. The online dating platform compiled data from 8,793 members and analyzed 133,175 messages in its research.

Among the most notable findings is that singles are more likely to drink alcohol. In fact, 72 percent of respondents said they imbibe — and 32 percent of non-drinkers found it's harder to date when you don't.

"Since grabbing drinks is such a common date suggestion, it was interesting to see what the dating experience is like for those who don't drink," Zoosk Senior Communications Manager Jenn Takahashi told Metro. "We found that nearly a third of single non-drinkers feel like their sobriety makes it more difficult to date. For Millennial non-drinkers, it's even more difficult — to the point where 10 percent admitted to pretending to drink on a date!"

"We found that nearly a third of single non-drinkers feel like their sobriety makes it more difficult to date."

Jenn Takahashi

Interestingly, 81 percent of non-drinkers would still date someone who drinks alcohol, and 86 percent of drinkers would date someone who doesn't drink.

DRINK UP THESE TIDBITS FROM THE ZOOSK DATING AND DRINKING STUDY

Here are a few interesting points from Zoosk's study

• First-date drinks
Nearly three-quarters, or 73 percent, of Zoosk dating survey respondents said grabbing drinks makes for an ideal first date, which 46 percent said is "easy and less formal." Twenty-seven percent find such dates "a good way to let your guard down and have a conversation."

• Early bird gets a predate drink
Ninety-two percent of singles think it's fine if their date orders a drink before they arrive, and just 2 percent said they'd judge them for doing so, while 6 percent would make a joke about it.

• Two-drink maximum
Daters should stick to a two-drink max, 55 percent of singles told the Zoosk dating survey, while 19 percent said three is fine, too.

• East Coast enjoys imbibing
Singles along the East Coast appear to enjoy first-date drinks the most, with Washington, D.C., Massachusetts, Delaware, and Maryland in the Top 4, and New Hampshire No. 6.

• Go local
According to the Zoosk dating survey, the local pub is the favorite type of bar for the majority of men, women and Millennials, while college bar is their least favorite.

• Opposites attract
Sixty-two percent of men opt for beer on dates, while 62 percent of women choose wine.

• Drinking and kissing
The Zoosk dating survey found that 60 percent of men think kissing is more fun after a few rounds. While 46 percent of women agree, 70 percent of millennial men and 57 percent of millennial women do, too.

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WEEK 24: 7/16-7/22/18

York native and trumpeter Tim Warfield is headlining the 12th Lancaster Avenue Jazz Festival. PROVIDED

Free Lancaster Avenue Jazz Festival brings together diverse communities

The Lancaster Avenue Jazz Festival has for 12 years been uniting its West Philly community around their love of music.

SAM NEWHOUSE
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The Lancaster Avenue Jazz Festival is hoping to bring people in its community together for the 12th year running.

Tracing a path northwest through University City and into the rest of West Philly, Lancaster Avenue itself is a border between distinct Philly neighborhoods and different communities, but organizers say everyone finds common ground in jazz music.

"It really helps us to preserve a little bit of the neighborhood heritage," said James Wright, director of community, economic and real estate development at People's Emergency Center (PEC), which along with PEC Community Development Corporation organizes the Lancaster Avenue Jazz Festival. "This neighborhood has had music going on for a long time. People always talk about music that was going on in the '70s."

Back in the day, according to neighborhood lore, there were multiple record stores on Lancaster Avenue, where doo-wop artists would make pitches to record promoters right in the store. Harold Melvin and the Blue Notes, with famed singer Teddy Pendergrass, were from the area. As oldtimers tell it, "there was music all around," Wright said, and a large part of that was jazz music.

The festival will be held at Saunders Park Greene, a park recently refurbished by Penn Presbyterian Medical Center to become a jewel of the neighborhood.

"It really helps us to preserve a little bit of the neighborhood heritage."
James Wright

"Over time, that park has gone from being this back space to the neighborhood that was kind of seedy and not too pleasant to a real neighborhood amenity," Wright said.

From a few hundred attendees in its first years, last year's festival attracted 4,000 people. This year, saxophonist, educator and composer Tim Warfield, a York native, will perform with his organ band.

Part of the festival is a "master class," a four-week program for local youth to learn jazz from Philly native trumpeter and composer/arranger Jamal Jones.

LANCASTER AVENUE JAZZ FESTIVAL

The Lancaster Avenue Jazz & Arts Festival, which is free, will be held on July 21 at at Saunders Park Greene at 39th Street and Powelton Ave. (The rain date is July 22).

Performing will be:

-Glenn Bryan on keyboard
-Chris Lewis on saxophone
-Vocalist Ella Gahnt
-Bobby Zankel and the Warriors of the Wonderful Sound.
-The Universal African Dance and Drum Ensemble
-Tim Warfield is expected to perform around 3 p.m.

Don't forget to look out for a children's village full of activities and food trucks including Irie Jamaican Restaurant, Chewy's Food Truck, Pound Cake Heaven, Gigi's & Big R soul food, Curbside Creamery, Maroosh Halal Cuisine and What's On The Grill.

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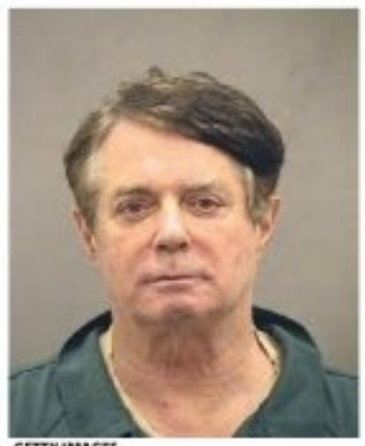
Judge denies Manafort's request to suppress evidence

Trump's former campaign manager is set for trial next week.

A federal judge on Wednesday denied a request by President Donald Trump's former campaign manager Paul Manafort to suppress evidence seized by the FBI from his home as part of Special Counsel Robert Mueller's ongoing probe into whether Trump's 2016 presidential campaign colluded with Russia.

Manafort's lawyers had sought to limit the scope of evidence that prosecutors can rely on for his upcoming September trial in Washington, D.C., claiming that the search warrant was overly broad and unconstitutional.



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"Given the nature of the investigation, the warrant was not too broad in scope," wrote Judge Amy Berman Jackson for the U.S. District Court for the District of Columbia in her ruling.

Wednesday's decision marks the latest in a string of setbacks for Manafort, who is facing two criminal trials in Washington and neighboring Alexandria, Va. in connection with lobbying work he performed for the pro-Russia Ukrainian government.

His Virginia trial is slated to begin next week, though his lawyers are seeking to delay it and will argue for the delay in a hearing on July 23 before Judge T.S. Ellis for the Eastern District of Virginia.

Between the two cases, he faces a slew of charges ranging from bank and tax fraud, to conspiring to launder money and failing to register as a foreign agent for Ukraine.

He is currently being held in an Alexandria jail after Jackson revoked his bail after prosecutors filed new charges alleging he was trying to tamper with witnesses while under house arrest. REUTERS

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Canadian temporary tattoo start-up gets $10 million in funding

Customers can apply their own tattoos, which can last up to 18 days.

GETTY IMAGES

A Toronto-based start-up has secured $10 million in funding from venture capitalists to expand its operations in the temporary tattoo business, the company's chief executive officer said on Tuesday.

The start-up, Inkbox, aims to give customers "the look and feel of a permanent tattoo without the permanence," CEO and co-founder Tyler Handley told Reuters. The company, which was founded in 2015 and operates in Canada and Japan, ships approximately 60,000 tattoos per month to over 150 countries, with 75 percent of its sales going to the United States.

The company received its latest equity investment from a group led by venture capital firm Maveron LLC, in addition to $3 million raised through a line of bank credit. Inkbox had raised about $3 million in its first round of capital raising.

Handley said he believes the funds will last for at least two years, and says the money will go toward scaling the marketplace, marketing strategy, technology innovation and making strategic hires.

Inkbox sources designs from professionals — such as tattoo artists, graphic designers and fine artists — who receive a cut of the profit when their designs are purchased. The company hopes to allow anyone to submit creations in the future.

Inkbox appeals to "millennials in their prime spending years," according to Handley, and it enlists the help of Instagram influencers to sell its products.

The tattoos are shipped directly to customers, who can then apply them in about 15 minutes using an included kit. The ink lasts up to 18 days.

Handley said Inkbox does not face direct competition in the tattoo industry, which he called "very unconsolidated and fragmented." REUTERS

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Senate, after Helsinki, eyes swift sanctions in case of more election meddling

Some lawmakers, though, have shied away from taking any type of action.

Sanctions targeting key Russian economic sectors would kick in swiftly if U.S. authorities determined the Kremlin had meddled again in a U.S. election, under a bill gaining momentum in the Senate on Wednesday.

It was uncertain whether such a bill, or any other legislative response, could pass Congress after President Donald Trump at a Helsinki summit on Monday gave credence to Russian denials on the question of its interference in the 2016 U.S. election.

Lawmakers, alarmed with Trump's conduct only days after U.S. authorities indicted 12 Russian spies on meddling charges, were trying to formulate a legislative response. Some have shied away from action, worried about how U.S. companies might be affected and how Trump might treat critics in an election year.

"I have every confidence [Russia] will continue to try to up their game and create more chaos."
John Cornyn

But Sen. John Cornyn, the Senate's second-ranking Republican, said Congress needed to do something, warning that Russia was sure to try to compromise November's congressional elections.

"I have every confidence [Russia] will continue to try to up their game and create more chaos" this year, Cornyn told reporters in a Capitol hallway.

One measure gathering Senate support was an automatic sanctions proposal offered by Republican Senator Marco Rubio and Democratic Sen. Chris Van Hollen.

It would require U.S. intelligence agencies to determine if any foreign government had interfered with a U.S. election soon after it occurred. If such a finding were reached, sanctions would take effect. In Russia's case, they would target its energy, finance, defense, metals and mining sectors.

Cornyn and Senate Foreign Relations Committee Chairman Bob Corker were among Republicans who said the impact on U.S. corporations and European allies had to be weighed.

Sen. John Cornyn GETTY IMAGES

"What we don't want to do is cut our nose off to spite our face," Corker told Reuters in a hallway interview.

Rubio, speaking to reporters, brushed off such worries and predicted his bill would win easily if brought to a vote.

"My argument is, if you think sanctions are bad for American business, imagine a constitutional crisis. ... That would be terrible for America's business," Rubio said.

Republican Sen. Jeff Flake and Democratic Sen. Chris Coons were pushing on Wednesday for a Senate statement of support for U.S. intelligence agencies, whose work Trump largely disregarded in his Helsinki remarks.

Congress earlier this year provided $380 million for election security. Some lawmakers want to spend more than that and take other steps to beef up election cybersecurity.
REUTERS

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Paul Fredrick

McDonald's is offering free fries every Friday for the rest of the year

You just need to download the McDonald's app to access the deals.

LINNEA ZIELINSKI
linnea@metro.us

GETTY IMAGES

This summer has been an amazing time for food deals. But for many of us the most exciting (and delicious) was National French Fry Day, bringing the yay into Friyay with plenty of free fried goodness. Now one fast-food giant wants to give you that same thrill each week, yes, we mean free McDonald's fries every Friday until the end of the year.

You don't need much more of a reason to love Friday other than the fact that it's, well, Friday — but we're not about to turn down free McDonald's fries.

So how do you cash in on this deal for free fries from McDonald's? You do actually have to put in a little work, but it'll be worth it and you might even be lucky enough to get a baggler.

The first thing you need to do is make sure you have enough space on your phone for another app. Free fries at McDonald's are on the line here, so don't be stingy about freeing up storage. Now go download the McDonald's app from the iTunes store or through Google Play. Once it's set up, register for an account to unlock different delicious deals. Consider yourself part of the free McDonald's fries club now.

You will have to spend $1 on something in order to unlock the offer every Friday, but we doubt you'll complain about pairing those tender golden sticks with a soda or apple pie.

The offer started July 2 and runs through Friday, Dec. 30, so you have plenty of time to cash in. You'll only get to use the coupon, which you'll need to access through the app each Friday, once a week (drat), but the offer is for a medium not a small so at least they're being generous with the serving size. So, have any plans this Friday?

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RANDY LOBASSO

PHILLY SOUNDS OFF ON HUMAN PROTECTED BIKE LANES

Analysis

RANDY LOBASSO

Nearly 30 people showed up at 22nd and South Streets on July 10th to stand in the street. They were there to demonstrate their dissatisfaction with the City, the Philadelphia Parking Authority, and the new Wawa at the corner.

Together, they'd stand on the edge of the 22nd Street bike lane for an hour, allowing cyclists to ride through without having to dodge motor vehicles parked in their way. They'd create what's called a "human-protected bike lane."

Human-protected bike lanes (HBLs) have taken hold as a demonstration tactic throughout the United States, allowing cyclists to demonstrate their dissatisfaction with street safety.

There have been four in Philadelphia since December 2017. The latest, on Tuesday, attempted to call out the fact that motorists have been illegally parking (with impunity, as the PPA is often absent from the corner) in the bike lane on 22nd Street since the store opened this spring.

Whether a customer jumping into the convenience store for a quick hoagie, or a delivery truck sitting on the street for an hour, motorists have completely ignored the 22nd Street bike lane for their convenience, and, recently, someone on a bicycle got into a crash navigating that obstacle course.

So, cyclists organized online and came out at 8 a.m. for their demonstration. Wawa would eventually respond to the cyclists, and put signs in front of their store telling motorists to find parking somewhere else.

The signs have been met with mixed reactions from motorists—ranging from not caring to sort of caring—and they, alone, will not solve the problem.

Nevertheless, human protected bike lanes get attention – and they make a point.

"Human bike lanes are a way we can create a physical representation of protection with our bodies, that has symbolic power," says Oren Eisenberg, a cyclist who was present at Tuesday's protest. "As we fight the power play for access to roads, HBLs help represent the cyclist community's significance."

Amanda Gillern, of South Philadelphia, says she joins human-protected bike lanes "to put a human body there; to make people think about the ones they put in danger."

"I join to highlight where the City has failed to protect people on bikes," says David Brindley, 39, of West Philadelphia.

The first Philly human-protected bike lane was organized by cyclist Leigh Goldenberg, who has been active on Philly cycling issues for several years. She and fellow cyclist Amy Cherowitz note the "human" aspect of the HBLs make the actions memorable.

"It was important to me to show a large number of individuals standing together for safety in our streets, and in a peaceful way," adds Goldenberg. "Additionally, the faces of people passing through the lanes—smiles and tears—helped me feel a part of our city, connected to others that get around on two wheels."

"We are acting to bring attention to something positive - improved safety for all residents of Philadelphia," adds Amy Cherowitz, of Center City. "It always feels positive [which sometimes can be hard to find in infrastructure conversations] at these events. You see people smiling and relaxed."

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the GRUMBLE

Pat King
Grumble Editor

SOCIAL-MEDIA FATIGUE

How do people do it? How do you switch off from social media? Lately, I've been starting to get weary every time I log onto my accounts — or even unlocking my phone for that matter. Early last year I tried to combat this by deactivating my Facebook. To be honest, it felt great to be free of some of the nonsense that was pummeling my feed day in and day out. But I did begin to lose touch with friends. Many jobs — including this one — require you to stay plugged in to things like Facebook and Twitter and it can create this surreal blur between what your professional life and your social life is. I thought Instagram would be my solution. But lately I feel that the neverending feed of stories and ever-plunging scroll of photos has taken the place of all of the accounts I've been trying to avoid. So here is my question to you, my fellow Grumblers: How do you keep yourself from using social media TOO much? Please send us all of your recommendations or innovative tips that people can use to make better use of your time away from your screens.

Tell us what you think!
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GRUMBLE WINNERS:

In other news, it is time to announce our Grumble of the week! This Grumble champion will be given a $25 gift card to Amazon Prime.
This week's winner is John Dziedzic from New York and his Grumble regarding trucks and buses that take up space in crosswalks. Congratulations, John!

Make sure to send us you submissions to **grumble@metro.us.**

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The winning caption from Darrell Daniel, *Metro reader*

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Aries Don't let anyone stifle your plans. Get your responsibilities out of the way early so you can enjoy downtime with people you enjoy hanging out with.

Taurus Don't argue. If you want something done, do it yourself. Be responsible for your actions and reliable and consistent when dealing with others.

Gemini Keep moving forward, regardless of what others do. Be up-front about the way you feel to avoid a personal situation that could be awkward.

Cancer Be creative and use your imagination when it comes to utilizing your skills and making personal improvements. A reunion will be informative.

Leo ut more effort into your personal life, home and lifestyle, but don't overspend or feel the need to buy someone's love in the process. Use your intelligence to win favors.

Virgo Don't let your emotions interfere with your responsibilities or professional opportunities. Put your differences aside if it means getting ahead.

Libra Get involved in an event that will bring you in contact with interesting people. Your charm and knowledge will attract attention.

Scorpio Be open to suggestions. If you overreact, you will be met with opposition. Focus on what you can accomplish instead of fighting a losing battle.

Sagittarius Make what you do at work count. Step up and take on more responsibility. The way you handle others will result in a leadership opportunity.

Capricorn An emotional move will work against you. Listen and watch to see what others do. Don't feel pressured to take on someone else's responsibilities.

Aquarius Make simple plans and stick to what's affordable. Don't let a last-minute change that someone makes lead to a heated argument. Keep the peace and do your own thing.

Pisces A gift or financial gain will come from an unexpected source. A romantic gesture will improve your personal life.

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Lily James plays a younger version of Meryl Streep's character in the "Mamma Mia" sequel. GETTY IMAGES

Lily James has a deep connection to 'Mamma Mia! Here We Go Again'

The actress discusses the "Godfather II" of musical movies.

GREGORY WAKEMAN
Gregory.Wakeman@metro.us

It is easy to understand why Lily James was nervous about starring in "Mamma Mia! Here We Go Again."

It wasn't just that the 2008 original was a smash, taking in over $615 million to become one of the highest-grossing musicals of all time, but James also had the task of playing a young version of Meryl Streep, arguably the greatest actress of all time. James recently told Metro that, although she was hesitant for the above reasons, ultimately, her past connections to both the West End musical and the first film meant that the offer was just too good to turn. Much to the skepticism of her agent.

"My agent originally sent me the script for the 'Mamma Mia' sequel, and was almost like, 'Hey, how do you feel about this?' and I think they weren't really sold on the idea," she says. "But I was like, 'This sounds amazing. You guys don't know me at all if you think I don't want to do this.' Because musicals and 'Mamma Mia' have been something that have been part of my life since I was young and a teenager. So I was so excited at the thought of going back to that and seeing what that would mean."

James' excitement only increased once she got on-set. In fact, when I asked the all singing and dancing actress what her favorite number to sing during production was, at first she found it difficult to pick one out.

"Oh God, all of it," was James' response, before she quickly settled on, "'Mamma Mia.' I think because you can see it in a very different setting to the first film.

"This time it is Donna and the Dynamos, they're rocking out, they're this girl band all together, for me to sing that alongside Jess and Alexa, who are just so extremely talented, and we were really close, and there really was a feeling of girl power," she says. "I just felt like I was in a girl band, and it was really exhilarating and powerful and I just loved it."

"Mamma Mia! Here We Go Again" could be called "The Godfather 2" of musicals. Well, at least when it comes to its plot, as it dovetails as both a prequel and a sequel.

We see James' Donna, just out of university and exploring Europe, which is where she becomes romantically entangled with Sam, Bill and then Harry, alongside the story of Sophie (Amanda Seyfried) and the rest of the original troop trying hard to run Donna's villa.

In the midst of these trials and tribulations we, of course, get to see the cast exuberantly singing and dancing along to plenty of Abba hits. So exuberantly that it is impossible not to get caught up in the sheer joy of it all.

The success of the original "Mamma Mia," "La La Land" and, most recently, "The Greatest Showman" prove that audiences are keen to join in with such fun, and James has devised her own theory behind the resurgence of the genre.

"I think that right now, more than ever, people just want to go to the cinema, and there is an element of escapism of leaving yourself and trying to escape the realities of the moment," she says. "Everyone needs a little bit of cheering up. Thing there is a spirit and defiance in musicals.

"Just look at 'The Greatest Showman.' It revels in the unusual and imperfect, and it made that something glorious. And I think that's a reaction to the world that we are in," James adds. "That's the same with 'Mamma Mia.' Also 'Mamma Mia' celebrates and revels in women and motherhood and that bond between mother and daughter and family being unconventional and you doing it anyway you want."

"Mamma Mia! Here We Go Again" debuts in theaters July 20.

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'The Equalizer 2' isn't your average action sequel

Director Antoine Fuqua explains.

GREGORY WAKEMAN
Gregory.Wakeman@metro.us

Hard-hitting, brutal as well as poignant and touching, it was no surprise when a sequel to "The Equalizer" was greenlit following the action film's $192 million gross back in 2014.

Especially because it paired director Antoine Fuqua with Denzel Washington for a fourth time, as the duo looked to continue the story of Robert McCall, the retired CIA Black Ops operative who is now a vigilante, and who becomes even more incensed after a former colleague is murdered. During a recent chat with Fuqua, "The Magnificent Seven" and "Training Day" director admitted that Sony actually inquired about doing a sequel long before the first film had even come out.

"Talking about it started after the first test screening for 'The Equalizer.' We scored like a 91 or 92 with the audience," says Fuqua. "At the time, Amy Pascal was the head of the studio, so the conversations started then.

"They got much more real after the film opened, and then Richard went off to write the script," he adds. "A year later, we all got a draft that was pretty strong and pretty much the movie you see."

But while Fuqua and Washington were immediately interested in doing "The Equalizer 2," the duo also wanted to make sure that the follow-up felt unique and still appealed to those that missed the original.

"Most of the conversations I had with Denzel were, 'If we do another one the script had to be different from the first. It can't be the same movie.

Denzel Washington is back in action.
SONY PICTURES

And it has to stand alone for the people that didn't see 'Equalizer 1'. Just as a movie," Fuqua says. "That was really what our focus was. We didn't even really use the word sequel. That's more of a business term that studios use, it was not for us."

But how did Fuqua make sure that "The Equalizer 2" still connected to "The Equalizer"?

"The most important thing for me was that Robert McCall the character, his basic essence is the same, in that he stands for justice, he has certain qualities and OCDs, and he always gives the bad guys, most of the time, a chance to do the right thing. There were certain things like that, that we held on to as character traits," Fuqua explains. "From the first film we also learned that, you know, there's a tendency in Hollywood to get a little jaded. You know, you think everyone is a tough guy who likes these movies."

"In the screenings, people seemed to care a little bit more about the smaller things. The action scenes were fun, they talked about the corkscrew a lot, that kind of thing. But we really tried to put a lot more energy into what people seemed to resonate with, which was they cared about other people," he adds. "They cared about the simple things, like him trying to help young people, spend time with people. In the first film there was a girl called Jenny, who got her ring stolen, and he went to get it back. When she opens the draw and sees the ring, the audience just started clapping."

Fuqua says that he was surprised by this.

"I was surprised, because I was thinking I was getting older and getting soft," he says. "But no, it was interesting to learn that people care about the simple things as well as the big sweeping action."

"The Equalizer 2" debuts in theaters July 20.

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'Wynonna Earp' star on the humanity

Star Melanie Scrofano gets us ready for season 3.

ANDREW HUSBAND
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Don't mess with Wynonna Earp. ALL PHOTOS SYFY

If the phrase "Peak TV" best describes the current reality of what's available to watch on the small screen, then "Peak Genre" works just as well to characterize a particular facet this moment as well. Superhero stories lifted from the pages of comic books dominate theaters and televisions alike, as do tales of monsters, demons and the heroes who vanquish them.

Or to be more specific, heroines, like the title character in Syfy's hugely popular original series "Wynonna Earp," which debuts its third season on Friday. Created by Emily Andras, the show follows the adventures of Wynonna, the great-great-granddaughter of the famed lawman Wyatt Earp, as she endeavors to protect herself, her sister Waverly and the residents of the small town of Purgatory from the demons her family is cursed to fight.

Canadian actress Melanie Scrofano, who brings Wynonna to life with a mesmerizing combination of wild wonder and wit, spoke to us about the third season ahead of her appearance at this year's San Diego Comic-Con. She also drove home the point that, while "Wynonna Earp" is definitely a combination of seemingly disparate genres like science fiction, horror and westerns, it is most assuredly a "human" tale.

"It's about a woman facing her demons. She can either crumble, or she can wake up every day and decide to fight. And how human is that?" she explains. "At the base of all monster stories, there are real human people having to deal with real life issues, like finding out who they are and their place in the world."

She adds that "the family dynamics are huge on our show" and references her rapport with Dominique Provost-Chalkley, who plays Waverly. "It's about sisterhood, motherhood and how you navigate those during the crazy moments in your life. At the end of the day, the thing about genre is, it's all just a metaphor for what's going on in real life. It's just a girl choosing to face her demons instead of hiding from them. I think you can really find strength in that."

"Wynonna Earp" is very much a show about family, both blood-related and otherwise, and everything Andras and her cast do successfully makes this a reality. At the same time, the incredibly vast fandom that supports it also serves as a testament to just how important the concept of "family" is to a series about a woman who uses a magical gun called "Peacemaker."

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# of genre television

Rejoice Earpers, the hit series returns this weekend.

Writing for the New York Times, critic Maureen Ryan notes that Wynonna Earp's fanbase, otherwise known as "Earpers," displays "a striking level of commitment for a program that only debuted two years ago and has aired a total of 25 episodes." New episodes are regularly attended by trending hashtags on Twitter, and conventions devoted entirely to the show are popping up in Toronto, London and New Orleans. This means the world to Scrofano.

"It just really reinvigorates the reason you're doing it," she says."With genre, it's easy to become complacent and go, 'It's a monster. It's a whatever.' But when you meet people, or talk to them on Twitter, and see how engaged they are, how invested they are in your character and others, or how it has affected them, it just reignites that thing inside of you that makes you want to make it real for them. It just sort of reignites the spark."

Asked if the positivity of the "Wynonna Earp" fandom always works in this way, even on the bad days that everyone has on occasion, Scrofano agrees. "Exactly. They're like the fuel of the show. It basically gives me the gas to keep going. Oh, you should definitely print that!" she laughs. "They give me gas."

"Wynonna Earp" returns Friday at 9 p.m. on Syfy.

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PUBLIC STORAGE # 08131, 610 Old York Road, Jenkintown, PA 19046, (215) 253-6196
July 24th, 2018 at 10am

1118 - Ludolph, Carol; 2096 - Frazee, Lee; 3004 - Ryan, Joann

PUBLIC STORAGE # 23216, 6225 Oxford Ave, Philadelphia, PA 19111, (215) 253-6093
July 24th, 2018 at 11am

A137 - Chery, Joel; A309 - Johnson, Stephanie; A317 - Taylor, Lanequa; A322 - Montgomery, Precious; A339 - Holbrook-Devlin, Noreen; A456 - Jones, Ikenya; A457 - CARTER, LE; A505 - Warner, Brandon; A517 - Acosta, Gloyam; A540 - Allen, Phillip; A551 - Maccabe, Binta; A604 - MALLORY, LOVY; A629 - Curtis, Amy; A643 - Akinmusire, Akinsanoye; A712 - Lima, Pedro; A714 - Wilson, Clyde; A728 - Johnson, Lisa; A731 - Tucker, Leslie; A815 - Johnson, Lisa; A888 - Delarosa, Aranza; B1102 - Wright, Harry; B1215 - Baptiste, Daumond; B1609 - Laureano, Awilda; B1731 - CARTER, LE; B1732 - Afanador, Nydia; B1815 - Bouknight, Lillian; B1818 - Ruffin, Keith; B1826 - Kolenky, Vaska; B1829 - Mcreight, Kerri; B1847 - Herder, Shamere; C2312 - Green, Arnette; C2404 - Dauber, Jessica; C2930 - Andrews, Wanda

PUBLIC STORAGE # 29145, 2190 Wheatsheaf Lane, Philadelphia, PA 19137, (215) 309-8042
July 24th, 2018 at 12pm

A001 - McGee, Brenda; A100 - Cope, Robert; A113 - Burton, Isheemah; A172 - Dabney, Lois; A212 - Marchewski, Andrea; B020 - DeCinque, Marie; B073 - Brown, Christina; B136 - Gross, Allyson; B152 - Ortiz, Adaline; B157 - Williams, Gilbert; D015 - Nicholson, Robert; D022 - Epps, Javonte; E006 - Gray, James; E024 - Coats, Moniquetta; E025 - Clark, Brian; E035 - Peguero, Marcial; E093 - Lewis, Rachael; E103 - Crawford, Dewey; E108 - Allen, Ernest; E118 - Volz, Richard

PUBLIC STORAGE # 24417, 6301 Tacony Street, Philadelphia, PA 19135, (215) 309-8025
July 24th, 2018 at 1pm

A062 - VILLARONTE, KARENE; A067 - Hurtado, Martha; A079 - Arroyo, Luis; A080 - Nicholson Jr, Robert; B175 - Jordan, Dandra; B190 - Bean, Bridget; C233 - Brown, Omarr; C351 - Parks, Rodney; D384 - Harris, Habib; 0412 - Gasper, Dashana

PUBLIC STORAGE # 25765, 2345 Castor Ave, Philadelphia, PA 19134, (215) 600-1197
July 25th, 2018 at 10am

1063 - Lopez, Christopher; 1071 - Butler, Jazma; 1107 - Pickens, Thomas; 1126 - Simms, Lonnie; 1194 - Greer, Bryant; 1199 - Carr, Edna; 1259 - Devery, Kimberley; 1290 - Shapiro, Marcia; 2094 - Mcneil, Maurice; 2127 - Holliman, Mikala; 2131 - Edmonds, Selena; 2139 - BURGESS, ELIZABETH; 2148 - Bloom, Peter; 2196 - Midenberg Law Firm, Pc Mildenberg, Brian; 2228 - Davidson, John; 2322 - Georges, Rachael; 3106 - Fullard, Dajuan; 3154 - Novak, David; 3196 - Pedrogo, Candice; 4020 - Folkescato, Colean; 4050 - Warner, Timothy

PUBLIC STORAGE # 08128, 7000 Lindbergh Blvd, Philadelphia, PA 19153, (215) 309-8051
July 25th, 2018 at 12pm

0035 - BROWN, TERESSA; 0054 - Crawford, Tina; 0142 - Weston, Ginger; 0174 - Anderson, Nicolette; 0221 - Pearsall, Jereme; 0229 - Miller, Angel; 0242 - Nash, Lonnie; 0251 - Nealy, Kierra; 0260 - Willis, Kara; 0303 - Cummings, Vanessa; 0310 - Maye Jr., Lewis; 0336 - Jernigan, Timmy; 0351 - Carter, Altina; 0436 - Dendy, Pearl; 0475 - Alexander, Omar; 0515 - McLaurin, Omar; 0520 - Sample, Leslie; 0534 - Trusty, Lorma; 0560 - Cuffie Jr., Wesley; 0640 - LUCIFERO, ANGELA; 0641 - Price, Wilhelmina; 0674 - Williams, Enez; 0719 - Clark, Chanelle; 0729 - Gordon, Steven; 0742 - Knox, Titus; 0811 KENNEDY, VIVIAN; 0812 - Gresham, Maxine; 0814 - Matos, Miguel; 0822 - Mcguire, Michelle; 1052 - Sankey, Donavan; 1075 - Ewing, Del; 8001 - Malloy, Daniel

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Ritchie Blackmore's big night out

Ritchie Blackmore rocks out at the Keswick Theatre on Thursday night. GETTY IMAGES

The guitarist who invented heavy metal gets ready for a special evening at the Glenside's Keswick Theatre.

A.D. AMOROSI
letters@metro.us

What's left to do for an encore after you have spent one decade inventing a musical form (heavy metal with Deep Purple), then another 10 years or so refining it, making it louder and more artful (Rainbow with the late Ronnie James Dio)?

If you're British thunder god guitarist and epic songwriter Ritchie Blackmore, you do something truly revolutionary. You junk your Fender Stratocaster and Marshall stacks for a nearly exclusive relationship with an acoustic guitar and (mostly) quietude, collaborate with the woman you love (his wife of 10 years, singer-lyricist Candice Night), drag out the lutes and harps, and dress up in era-appropriate costume for the crinkly Renaissance music of Blackmore's Night, who play a big gig at Glenside's Keswick Theatre on July 19.

"When we first started this ensemble, it was as an escape from rock 'n' roll — especially for my husband — and the corporate world that it had become at that time; a much different place than the one Ritchie got into in 1968," says Night from the couple's home/studio complex in upstate New York.

"Individuality and creativity was key when he first got in the game. You could tell the difference between Cream, Jethro Tull and Deep Purple. Fast-forward 30 years and a time where he was reforming Rainbow, and the labels were asking for tapes, giving him notes; and thumbs-down on his creative input."

When Blackmore and Night began writing their own material in 1997, it was strictly for themselves. Oddly enough, what they both had a fondness for was ancient, world and Celtic folk music, and worked from that inspiration to craft new music that benefits from Renaissance school influences, arrangements and melodies.

"I just followed my heart," says Blackmore. "It is simple to take a melody of medieval times and create an inversion of, or an interpretation that may be of a more modern sensibility. It's a way of playing that is surpassingly acceptable to the modern ear. Even though we are still playing old instruments like the hurdy-gurdy and such, we enjoying play around with the arrangements, so that we meet audiences half way."

Ritchie Blackmore and Candice Light MICHAEL KEEL

Ask Blackmore if playing music with deep elements of quiet and silence has something to do with artistic evolution or personal maturation, and he considered his next response deeply. "I don't believe in that evolution, I believe in spontaneity. I wake up and play whatever I want to play I have no directive. That's rarer than you think."

Along with changing (most of) his signature style to accommodate the delicacy and quietude of Renaissance-era music, the legendarily foreboding Blackmore now seems more approachable, and dare I say, funny.

"I find the variety of [Renaissance music] very pleasing and opening; so much more than rock 'n' roll, and only doing heavy riffs and such," says Blackmore. "As much as I love that crunching sound, and to play that way … this other way is disciplined, and open to quiet. Having played classical before metal, I was always aware of such music and such tone. Renaissance music goes beyond just turning up the amps. Playing acoustic music such as this I very unforgiving. It's worse than being on stage and playing in only in your underwear."

The pair not only continued to joke and inform throughout the interview (Night reminded longtime listeners that as far back as Deep Purple's "Smoke on the Water," he started incorporating medieval modal scales for that foreboding sound), Blackmore gave a shout out to Piffaro, The Renaissance Band, the Philadelphia early music ensemble who has, on occasion, joined Blackmore's Night on stage at Keswick Theatre shows.

"This is not an easy music to play, as it truly takes deeps dedication to its history and its form, as well as developing its instinct " says Blackmore. "But it is rewarding, And, surprisingly, a hell of a lot of fun."

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10pm DJ Paul Desisto

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July 19-29, various locations, Ardmore, destinationardmore.com/restaurantweek

MOVIES

"Mamma Mia! Here We Go Again"

Everyone from the smash Abba film musical "Mamma Mia!"– Meryl Streep, Pierce Brosnan, Amanda Seyfried– is on board for this sequel, where a daughter learns about her mother's past while pregnant herself. Only this time, Cher plays the grandmother and looks stunningly younger than even the teens.
Opens July 20, various time, PFS Roxy Theater, 2023 Sansom St., filmadelphia.org/roxy-theater

COMEDY

Jamie Loftus

The Los Angeles-based stand-up and Comedy Central Network stalwart brings her new comic play, "The Hacker Who Codes" to the intimate environs of Chinatown's black box theater. **July 22, 8 p.m. Good Good Comedy, 215 N. 11th St., $12, goodgoodcomedy.com**

THEATER

First Impressions

Barrymore Award-winning Philadelphia actor and director Tony Braithwaite has penned a savagely original sketch-like, one-man theater piece that finds him impersonating famous political monsters, from Nixon to Trump.
July 19-22, Montgomery Theater, 124 N. Main St., Souderton, $25+ montgomerytheater.org

MUSIC

Beck

Beck has been everything from a folk-hop "Loser" to an

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PUBLIC STORAGE # 22328, 245 West Chester Pike, Havertown, PA 19083, (484) 247-3851
July 25, 2018 Time: 10:00 AM

B007 - Adams, Rick; B039 - Finch, Alesha; B071 - Daniels, Jennifer; B115 - Hagopian, Dawn; B124 - Gottlieb, Ellyn; B136 - Tolomeo, James; C025 - Gottlieb, Ellyn; C129 - Fields, Clinton; C185 - Stahler, Heather; C244 - Kinney, Tom

PUBLIC STORAGE # 23101, 8401 Lansdowne Ave, Upper Darby, PA 19082, (484) 268-5971
July 25, 2018 Time: 10:30 AM

A102 - McDonald, Andrew; A323 - Grogan, Valorie; A614 - Okum, Kevin; A709 - Williams, Jon; B1012 - Winters, Michael; B3011 - Jarrett, Annette; B4006 - Tillman, Frances; C8016 - Lyles, Arlene; C8022 - MORINELLI, MARY T.; C9025 - MORINELLI, MARY T.

PUBLIC STORAGE # 23421, 6330 Market Street, Upper Darby, PA 19082, (484) 273-0258
July 25, 2018 Time: 11:00 AM

A024 - Fair, Monique; A027 - Bunting, Eric; A028 - Ransom, Rashadra; A054 - Scott, Theresa; A062 - Campbell, Turhan; A069 - Morris, Tammy; A078 - Couch, Jojo; A095 - Shuler, Dorothy; A097 - Haden, Darren; A117 - Alioto, Loretta; A122 - Caldwell, Lamont; A125 - Lay, Michael; A168 - Plummer, Darnell; B202 - Sneed, Camille; B217 - Richards, Ayodele; B264 - Cooper, Glen; B281 - Williams, Shanell; B302 - Fowler, Najah; B303 - Franklin, Neil; B340 - Nicks-Lewis, Lateya; B353 - Penn, Kelvin; B358 - Holley, Erika; B371 - Knox, Durrock; B401 - Ingalls, Chante; B402 - Rambert, Latifah; B434 - Perry, Yusef; B483 - Edwards, Martha; B505 - Minus Jr, Bryan; B510 - Williams, Quadreeyah; B547 - Clark, Rozona; B562 - Pittman, Leandra; B569 - Delaatch, Glennie; C635 - Mohar, Refael; C682 - Furlow, Kevin; C689 - Bangura, Adama; C709 - Luke, Veronica; C787 - BROWNE, ALLAN; C788 - BROWNE, ALLAN; C801 - Mathews, John; C810 - White, Christian; C814 - Rippy, Steven; C825 - Taylor, Marquis; C943 - Allison, Seykhowa

PUBLIC STORAGE # 08130, 592 Swedesford Road, Berwyn, PA 19312, (484) 626-0120
July 26, 2018 Time: 10:00 AM

1150 - Stratton, Eve; 1198 - Doughty, Gregory

PUBLIC STORAGE # 29204, 2112 W. Main Street, Norristown, PA 19403, (484) 290-0217
July 26, 2018 Time: 10:30 AM

1110 - Konstantinovna, Natalie; 1134 - Ledebur, Alexandra; 2049 - Bullock, Gina; 3090 - Becks, Gary; 3105 - Mason, Christine; 3140 - Hill, Alaina; 3148 - Bryan, David; 3156 - Williams, Mark; 3186 - Kramer, Jessica; 3207 - Jonhson, Rakia; 3226 - Hill, Rita; 3236 - Deal, Darrell; C1012 - Brennan, Treasa; D1020 - Cucchi, Kevin

PUBLIC STORAGE # 23102, 2025 Chemical Road, Plymouth Meeting, PA 19462, (484) 408-0906
July 26, 2018 Time: 11:00 AM

A026 - Baynard, Carla; B049 - Burke, Lucia; C119 - Williams, Diana

PUBLIC STORAGE # 21808, 7571 Ridge Ave, Philadelphia, PA 19128, (215) 309-8006
July 26, 2018 Time: 11:30 AM

C054 - Maguire, Paul; C095 - Ahmed, Asif; D006 - Dolchan, Mike; D107 - Collins, William; D186 - ALBA, RICHARD; D192 - Adeniran, Lizzy; D211 - Price, Gloria; D227 - Johnson, Walter; D266 - Lapera, Anna; D276 - Paul, Steve; E005 - Pressley, Shakiya; E140 - McNair, Christina

PUBLIC STORAGE # 23222, 1431 Ivy Hill Road, Philadelphia, PA 19150, (215) 309-8053
July 26, 2018 Time: 12:00 PM

A130 - Colzie, Lisa; A135 - Powers, Dame; B333 - National Care Human Services, National Care; B337 - Bishop, Arthur; B412 - Taylor, Syreeta; C611 - Board, Michael; D720 - White, Garrick; D804 - Knightner, Tynesha; D813 - Baldwin, Terrance; E1008 - Chavis, Mary; E1025 - Rose, Che; E1046 - Johnson, Sheri; E924 - Branch, Charlene; F1124 - Deni, Miguel; F1215 - Weave, Craig; F1252 - Massey, Trevor; G1340 - Crews, Shante; G1408 - Davis, Leonard; G1430 - Powell, Yvonne; H1506 - Robinson, Carmen; H1641 - Tender, Tamika

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alterna-rock funk-a-teer to a respectable, Grammy-winning elder statesman. For his show on Festival Pier, he'll crush all his personae into one fabulous mish-mash. **July 20, 8 p.m., Festival Pier, 601 N. Christopher Columbus Blvd., $59.50+, ticketmaster.com**

Britney Spears

After a successful, five-year residency in Vegas, the snake charming princess of electro pop, brings his AutoTuned voice and scads of scantily-clad dancers to Atlantic City's top casino. **July 19-21, 8 p.m., Borgata Event Center, 1 Borgata Way, Atlantic City, $199+, theborgata.com**

ARTS & CULTURE

National Japanese American Citizens League Convention

As part of the agenda of the Philadelphia Asian American Film Festival (PAAFF), the PAAFF hosts panels and screenings with the Japanese American civil rights organization. This includes conversations about the Japanese American contributions to both Hollywood and independent cinema from the early years of cinema through today. **July 19-22, 9 a.m., Freedom Ballroom at Sheraton Philadelphia Downtown Hotel, 201 N. 17th St., jacl.org**

FAMILY

The opening of The Oval+

The Benjamin Franklin Parkway's pop-up park, opens for the summer this weekend, as a respite for neighbors, as well as visitors to the Philadelphia Museum of Art and The Barnes. Along with a new tree-shaded beer garden and menus from a rotating group of food trucks, there are free games and films for the kids and concerts for all. **July 19-Aug. 19, The Oval, 2451 Benjamin Franklin Parkway, visitphilly.com**

A.D. AMOROSI

MOLLIE FREEMAN

Jeremy Piven

When you hear the name Jeremy Piven, you probably think of that sleazy Hollywood agent Ari Gold from HBO's long-running "Entourage" series. Add comedian to that list as he includes Philly in his first stand-up comic tour. **July 20-22, Punch Line Philadelphia, 33 E. Laurel St., $37+ punchlinephilly.com**

MUSIC

GOTTIEB BROS.

Yes

Sure, these progressive rock vets are celebrating their 50th anniversary. But which Yes is this? The one with expressive, fleet-fingered guitarist Steve Howe or the one with willowy, high-pitched vocalist Jon Anderson – both of whom tour as Yes men? OK, it's the former. But, still these guys should work out their troubles and make it easier on fans. **July 20-21, 8 p.m., The Fillmore Philadelphia, 29 E. Allen St, $75+, thefillmorephilly.com**

5 Of America's favorite beach towns

It isn't summer without a trip to the beach.

Fodor's Travel

La Jolla, California. ALL PHOTOS ISTOCK

The sand is golden, the pace is slow, and at least five ice cream shops are within easy reach. That's the life of a beach town, whether its vibe is funky, historic, trendy, or serene. So what are you waiting for? Here are some of America's favorite beach towns.

La Jolla
Where: California
In a state made for beaching, La Jolla offers the whole package. There are beautiful white-sand beaches, to be sure, but its tony village is filled with seafood restaurants, upscale boutiques, sophisticated cafés, art galleries, and even a playhouse co-founded by actor Gregory Peck back in 1947. Be sure to time it so you catch the sunset from shimmering La Jolla Cove (where you'll also find the famous seals and sea lions).

Gulf Shores and Orange Beach
Where: Alabama
Here's a two-for-one. Gulf Shores and Orange Beach are two little beach towns sitting on a sublime stretch of sand along the Gulf of Mexico. And while they've got all the beachy amenities (including fab seafood restaurants), this region is also a nature lover's dream. There's a 28-mile flat, paved biking and hiking trail through Gulf State Park. Come during one of the many festivals, including the Hangout Music Festival, with three days of music on the beach; the National Shrimp Festival; and the Hangout Oyster Cookoff.

Ogunquit
Where: Maine
Beachy cottages set against a sparkling blue sea provide the epitome of New England perfection. A turn-of-the-century artist colony and fishing village, Ogunquit still possesses an artsy vibe with galleries (including the Ogunquit Museum of American Art) and the long-running Ogunquit Playhouse putting on Broadway-worthy shows. The best way to soak up its wild-sea-coast views (and perhaps set up your own canvas) is to stroll Marginal Way, a paved footpath running from the harbor to Ogunquit Beach, meandering past tangled bayberry and bittersweet bushes and pink and white sea roses along granite cliffs.

Chincoteague
Where: Virginia
The island resort town of Chincoteague offers something no one else can: adorable wild ponies roaming its beach (which are actually horses, just small from their salty-marshland diet). Anyone who's familiar with the child's story Misty of Chincoteagueknows that Marguerite Henry wrote the whole story right here, based on her real-life story of attempting to raise a wild filly. You can stay at Miss Molly's, where, in 1947, Henry researched the tale. Spend long days at the beach, kayaking, and fishing, and enjoy fresh regional seafood at many local restaurants (try Bill's Seafood Restaurant).

Cape May
Where: New Jersey
Cape May may be the nation's oldest seaside resort, dating back to the 1790s, but it's no ancient relic. This charming beach town thrives, with pristine beaches, upscale restaurants and shops along Washington Street Mall, a full roster of year-round events and festivals, and even wineries popping up nearby. But what this town does best is its meticulously restored, garden-adorned Victorian houses—more than 600 of them, today occupied by romantic B&Bs, restaurants and boutiques.

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FANTASY FOOTBALL ADVICE WITH DRAFTS CLOSING IN

OPINION

BILL DUBIEL

Bill Dubiel is a fantasy football expert at Rotoballer.com and Metro.us

Welcome back fantasy football fans! With training camps getting underway, it's time to start getting ready to chase another championship. Don't forget to check out Rotoballer.com for all of the tools you need to get the edge on your league mates.

Bet on Bears signal-caller

The Bears selected Mitchell Trubisky second overall in 2017 but nobody really had any expectations of immediate success. The team around him was bad, particularly in the receiving corps, and there was simply very little asked of him–it was a run-first team. However, the Bears front office has done its best to get Trubisky the tools he needs to succeed in 2018. Perhaps, most importantly, the Bears hired the vertically-minded Matt Nagy as their head coach, and he'll certainly bring more of a pass-heavy game plan to training camp. They also surrounded Trubisky with weapons, spending a second-round pick on dynamic wideout Anthony Miller and adding former Jaguar WR1 Allen Robinson, athletic tight end Trey Burton and speedster Taylor Gabriel to the offensive mix. The cards are falling in the right place for Trubisky to take a huge leap forward in 2018, which makes him well-worth the late-round flier he'll cost you on draft day if you wait on quarterbacks (and you should).

All about opportunity

After sneaking into the playoffs last year, there is very little chance that the Buffalo Bills will do any contending in 2018. Their offensive line was decimated by retirement and injury, their quarterback situation is murky at best and they simply don't have the roster to contend with the big dogs of the AFC. That certainly doesn't mean there isn't fantasy value to be found, though. Big-bodied wide receiver Kelvin Benjamin is (as of this writing) finally healthy, and as the Bills will likely be playing from behind in many games, the onus will be on Benjamin to help them claw their way back. With career backup A.J. McCarron likely the starting QB in Week 1 and first-round pick Josh Allen waiting in the wings, it's fair to say the Bills have very little to lose by maintaining a conservative game plan. It's all about opportunity for Benjamin, and that should allow him to return at least low-end WR2, high-end WR3 numbers all season.

Change of scenery hurts Cooks

Brandin Cooks has been a mainstay atop the wide receiver rankings for three years now. He's had three straight seasons of at least 1,000 yards and seven touchdowns, but after being shipped from the Patriots to the Rams in the offseason, his prospects are very likely to dip. There is certainly nothing wrong with the Rams offense–they were the highest-scoring offense in 2017 and ranked in the top 10 in total yards as well. What is unfortunate for Cooks is the role he will likely play. The case can be made that he's the most talented wide receiver on the roster, but as such he'll likely be called on for deep balls and big plays. While that certainly has value, particularly in the touchdown department, that will almost certainly lead to fewer touches.

Draft sleepers of the week

Nyheim Hines, RB, Indianapolis Colts
The Colts selected Hines in the fourth-round of the draft, but his skill set plus the return of a theoretically healthy Andrew Luck has some experts dreaming of a poor man's Alvin Kamara.

DeVante Parker, WR, Miami Dolphins
Jarvis Landry is no longer there to hog targets, and Parker is still just 25 years old. He has a great shot at being a post-hype sleeper, and a breakout, 1,000-yard season is definitely possible here.

Bears quarterback Mitchell Trubisky is entering his second season in the NFL. ALL PHOTOS GETTY IMAGES

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Farabee gets small taste of life in NHL

So far, so good for the Flyers' first round draft pick.

ERIC GOLDSTEIN
sports@metro.us

Joel Farabee with Flyers management. GETTY IMAGES

In the span of less than two weeks, Joel Farabee went from being a member of the USA Hockey National Team Development Program to a first-round selection of the Philadelphia Flyers in the 2018 NHL Entry Draft to Boston University to attend school this summer and play for the Terriers this upcoming season.

Sandwiched between the whirlwind weeks, which provided just a day or two to pack for college, was his debut with the Flyers at the team's five-day development Camp earlier this month.

"It's definitely been a long process," Farabee said after one of the camp sessions. "This whole draft year has been a bit stressful. Now that it happened and I'm drafted and have a home with the Flyers, I now have something to work toward and I am really excited."

Less than a week after hearing NHL Commissioner Gary Bettman announced he was the 14th overall pick of the Flyers at the draft in Dallas, Texas, Farabee attended development camp at the Jersey Shore and the Flyers Skate Zone in Voorhees, New Jersey with 33 other budding players in the system.

The first day was the fun-in-the-sun Trial on the Isle in Stone Harbor, New Jersey that included a hockey clinic for kids, mingling with fans, and a beach volleyball tournament. From there, it was four straight days of on-ice instruction that concluded with a 3-on-3 tournament.

The Flyers use the annual camp as a teaching tool and emphasize to players it has nothing to do with evaluations for the upcoming season. The Cicero, N.Y., native felt the five-day event was the ideal opportunity to get introduced to the organization and some of the players.

"I am just trying to learn as much as I can," the winger said. "I know I am not going to make the team this year. I just want to use what I learn from here, head into college and use it there. Then, we will see what happens."

Farabee, a left winger and captain of the USNT, is praised for his hockey IQ, excellent skating, hard and accurate shot, and ability to play at both ends of the ice.

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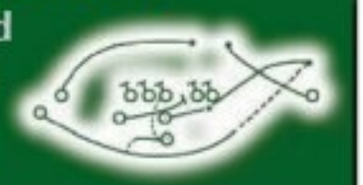
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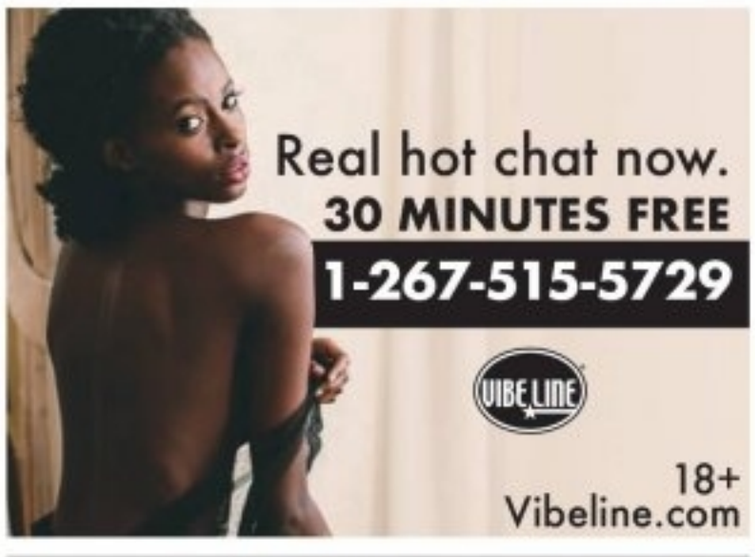

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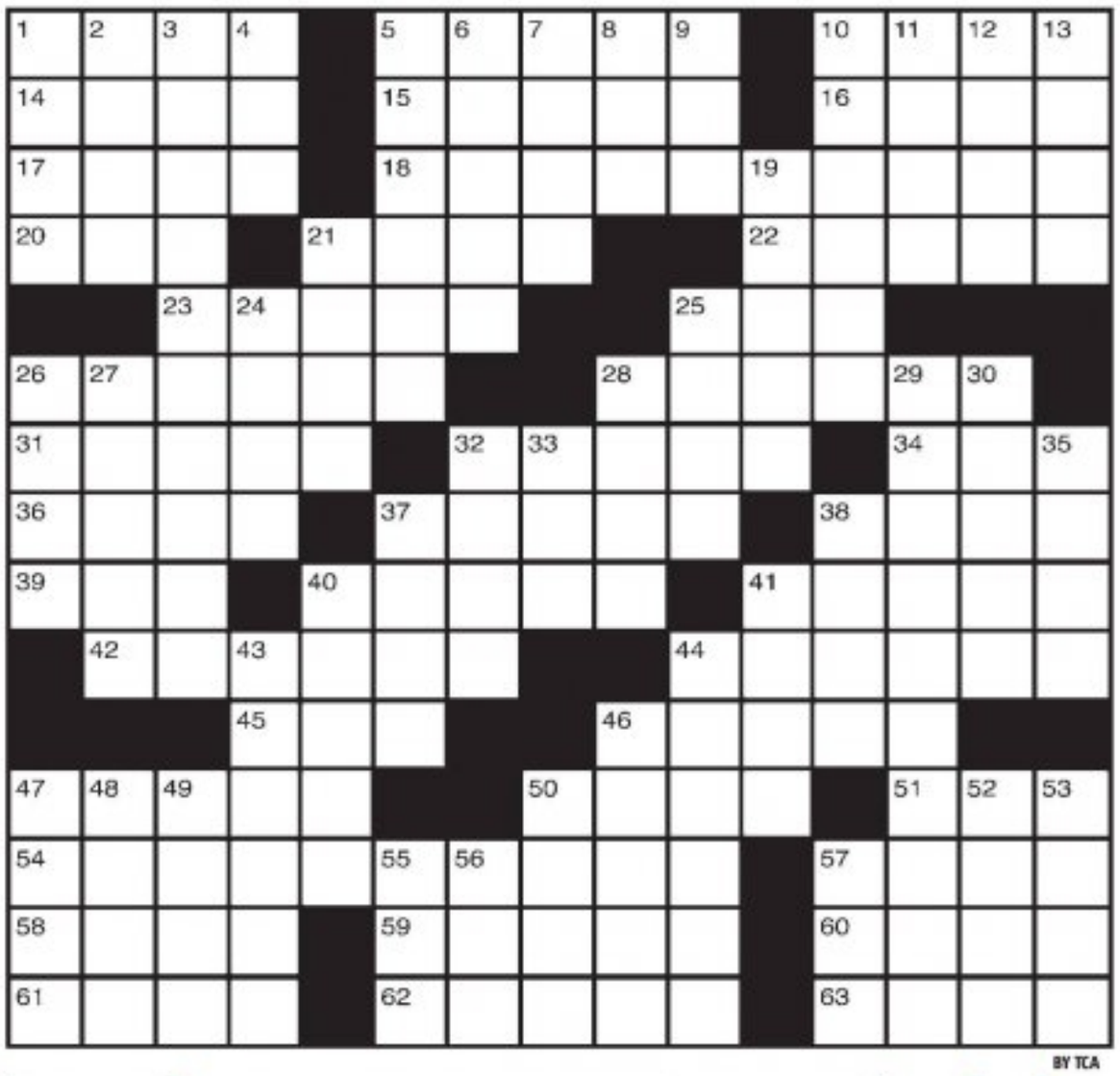

ACROSS

1 Carry
5 Boisterous
10 Cushiony
14 All __; listening
15 Sidestep
16 Healthy
17 Fellow
18 Seeps into
20 Attila, for one
21 Torn in two
22 Distressed
23 Waterbirds
25 Prefix for arranged or approved
26 Allow into the group
28 Seashores
31 Remedies
32 Drag one's feet
34 Wheel center
36 Journey
37 VP Agnew
38 Smokey or Yogi
39 Drink slowly
40 Nom de __; pen name
41 Insect stage
42 Engraver
44 Smiled broadly
45 Depressed
46 Lariat
47 Fluttering tree
50 Offspring
51 Scourer's pad
54 Yale or Harvard
57 Word in a red octagon
58 Toy with a tail
59 Vital artery
60 Demolish; level
61 "__ Trek"
62 Mike or Cicely
63 Fret; worry

DOWN

1 Texas __; school in Lubbock
2 Pearl Harbor's island
3 Student's record
4 Sixth sense, for short
5 Feel remorse
6 Kilns
7 Desire
8 ...FDR, HST, __, JFK, LBJ...
9 However
10 Ovals and squares
11 Dinner in the barn
12 Make a getaway
13 Trial run
19 Not urban
21 Criticizes
24 Sob
25 Explorer Marco
26 Play divisions
27 Last name for a physicist couple
28 Give a hoot
29 Temperature regulator
30 Debonair
32 __ on; incite
33 Conway or Allen
35 Actor Pitt
37 Killed
38 Cries from the flock
40 T-Mobile store purchase
41 Not as much
43 Astute
44 Sprawling tree
46 Game often run by the state
47 Flightless birds
48 In a __; sulky
49 Gyro bread
50 Gentlemen
52 Leak out
53 Gush forth
55 Traitor
56 __ sauce; teriyaki marinade
57 Dads of Jrs.

BY TCA

metro.us/wordsearch

S	C	O	T	L	A	N	D	X	E
A	L	E	H	G	K	R	B	I	T
N	E	P	O	T	I	L	T	V	J
D	O	L	L	V	T	S	R	Y	H
T	F	R	E	M	U	U	O	L	S
R	M	R	I	O	Z	C	P	B	I
A	E	Y	N	U	I	T	H	E	T
P	D	R	O	D	R	Q	Y	O	I
X	A	U	N	D	E	R	P	A	R
C	L	S	E	S	R	U	O	C	B

British
Carnoustie
Course
Driver
Golf
Hole In One
Iron
Medal
Open
Putt
Sand Trap
Scotland
Tee
Trophy
Under Par

metro.us/wander

Category: Book

Y	A	D	
S	W	S	E
T	I	T	U
H	M	R	I
	O	R	E

Trace a path, using every letter once, to find the hidden phrase. Your path can turn in any direction, but not diagonally.

metro.us/sudoku

	8				5			2
3			6	8				
9		4	3				8	
	2		8			6	7	
		6	5		3	9		
	3	9			6		5	
	9				7	3		1
				3	8			9
2			4				6	

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D	E	P	P			A	L	S	O		S	H	O	E
O	A	R	E	D		D	E	E	P		T	I	N	Y
S	T	O	N	E		U	T	T	E	R	A	N	C	E
E	S	S		C	A	L			R	A	T	T	E	D
		E	L	E	C	T			A	C	E			
R	E	C	A	N	T			S	T	E	N	C	H	
E	R	U	P	T		S	L	I	E	R		H	E	R
A	R	T	S		S	P	E	N	D		D	A	N	A
L	E	O		A	M	A	S	S		F	A	N	C	Y
	D	R	A	G	O	N			S	L	I	D	E	S
			M	E	L			L	O	O	S	E		
A	T	T	E	N	D			O	N	A		L	B	S
B	O	U	N	T	E	O	U	S		T	R	I	A	L
L	O	R	D		R	U	S	E		S	U	E	D	E
E	L	K	S		S	T	A	R			G	R	E	W

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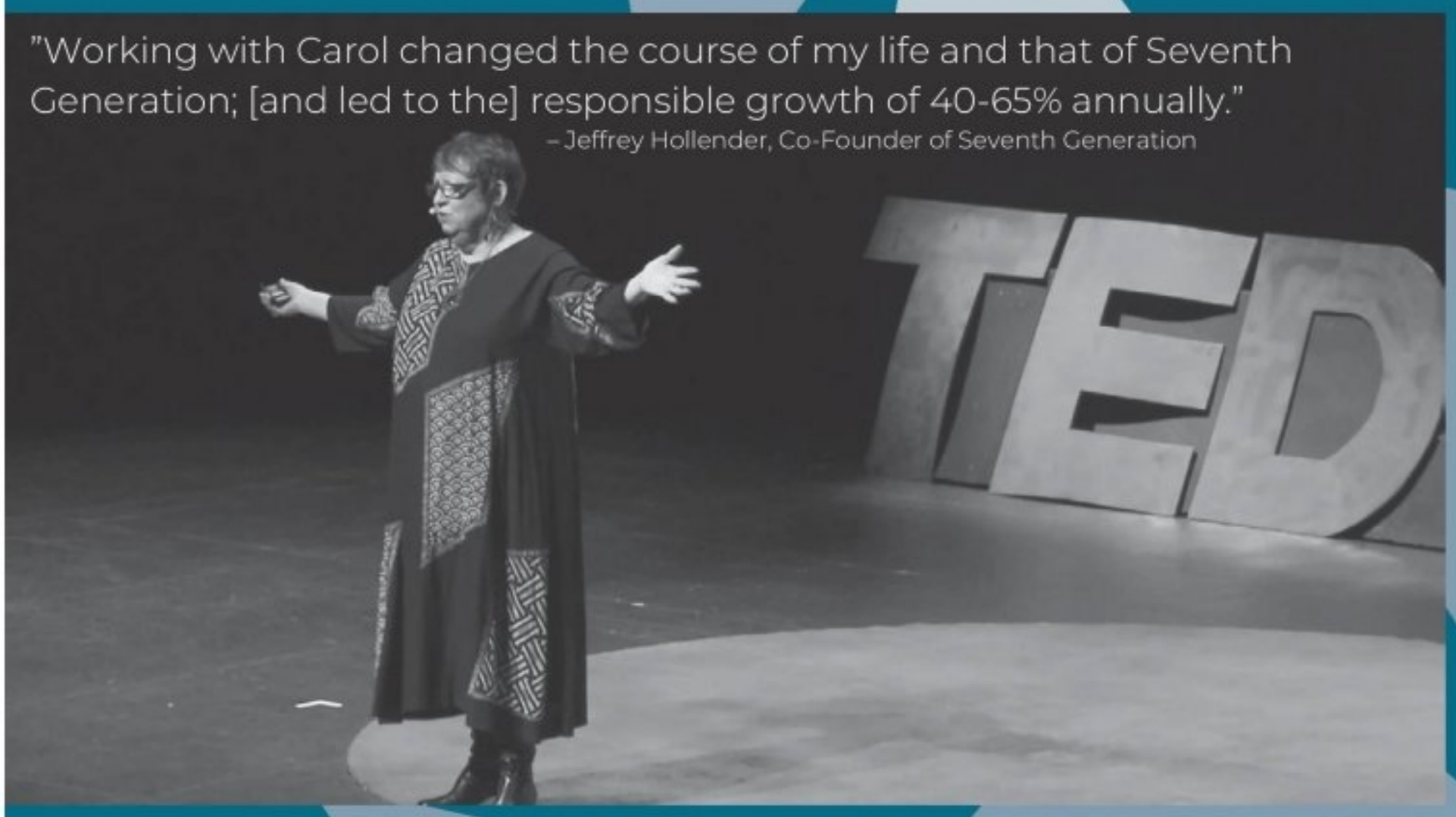

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